Menu Report

Menu: Christmas

Total Days: Total Foods:

Avg. Daily Cals: 100.00

Day 1 Day Meal Food 51 Reduced Fat Milk, 2% 631 Mustard Greens, Boiled, Drained 131 Baked Apples and Sweet Potatoes 116 Margarine, Soft 11 Lighter Pineapple Upside Down Cake 1317 Ham, Cured, Extra Lean, 4% Fat, Canned, Roast 132 Corn Bread 2.000 OUNCE 1.000 PIECE 1.000 PIECE 8.000 FL OZ Amt/Portion 1.000 TSP 0.500 CUP 0.500 CUP 112.670 244.000 56.667 622,476 52.184 70.000 82.255 4.700 Ş

Day 6 Day 5 Day 4 Day 3 Day 2

Day 7

9/25/2002

The Christmas

Cycle Length: 1 week Company: Menu Nutrient Analysis Foods: 7 Days: 7 Goal: DRI: RDA/AI-MALE-70+ YEARS Kcals / Day: 100 Feeding Figure: 100

s (kcal) 700.811 2000.000 at) 29.359 70.000 at) 29.359 70.000 29.359 70.000 29.359 70.000 29.359 70.000 29.359 70.000 29.359 70.000 29.314 300.000 21 (mg) 36.031 300.000 25 (gm) 6.260 25.000 25 (gm) 6.260 25.000 26 (gm) 27 (gm) 4.998 20.000 27 (gm) 28 (gm) 29 1141.775 2400.000 28 (gm) 29 1168.910 3500.000 29 1168.910 3500.000 20 1168.910 3500.000 21 (gm) 1168.911 4500.000 21 (gm) 1168.911 4500.000 22 (gm) 1168.911 4500.000 23 (gm) 1168.911 4500.000 24 (gm) 1168.911 4500.000 25 (gm) 1168.911 4500.000 26 (gm) 1168.911 4500.000 27 (gm) 1168.911 100 28 (gm) 1168.911 100 29 (gm) 1169 1100 20 (gm) 1169 1100 20 (gm) 1169 1100 21 (gm) 1100 21 (gm) 1100 22 (gm) 1100 23 (gm) 1100 24 (gm) 1100 25		Zinc (mg) Copper (mg) Manganese (mg) Selenium (mg) Fluoride (µg) Chromium (mg) Molybdenum (µg) Dietary Fiber, total (gm) Soluble Fiber (gm) Insoluble Fiber (gm) Crude Fiber (gm) Gucose (gm) Galactose (gm) Fructose (gm) Sucrose (gm) Lactose (gm) Maltose (gm)	3.099 0.348 0.943 0.021 118.123 0.016 20.954 6.252	11.000 0.900 2.300 0.055 4.000 45.000 25.000	28% 39% 41% 2953% 0% 47% 25%
29.359 70.000 n) 97.314 300.000 97.314 300.000 22.396 65.000 36.031 300.000 6.144 20.000 Fat (gm) 6.260 25.000 Fat (gm) 4.998 20.000 gm) 1141.775 2400.000 1168.910 3500.000 1756.465 900.000 1756.465 900.000 1756.465 900.000 1758.2211 4500.000 472.719 1200.000 3.810 8.000 3.824 15.000 138.961 600.000 5.348 15.000 138.961 600.000 5.348 15.000 115.450 400.000 2 (µg) 1.463 2.400 8.829 30.000 (mg) 1.853 90.000 556.848 700.000	a	Copper (mg) Manganese (mg) Selenium (mg) Fluoride (µg) Chromium (µg) Molybdenum (µg) Molybdenum (µg) Dietary Fiber, total (gm) Insoluble Fiber (gm) Crude Fiber (gm) Crude Fiber (gm) Gulcose (gm) Gulcose (gm) Fructose (gm) Fuctose (gm) Lactose (gm) Maltose (gm)	0.348 0.943 0.021 118.123 0.016 20.954 6.252	0.900 2.300 0.055 4.000 30.000 45.000 25.000	39% 41% 38% 2953% 0% 47% 25%
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3.810 8.000 3.424 15.000 136.961 600.000 5.348 15.000 1.100 1.100 1 0.950 1.100 1.986 14.000 (mg) 0.662 1.500 115.450 400.000 2 (µg) 1.463 2.400 8.829 30.000 (mg) 2.215 5.000 1.853 90.000 556.848 700.000		Isoleucine (mg)			
3.424 15.000 136.961 600.000 5.348 15.000 1.100 1.100 1 0.950 1.100 1 0.950 1.100 5.986 14.000 (mg) 0.662 1.500 115.450 400.000 2 (µg) 1.463 2.400 8.829 30.000 (mg) 2.215 5.000 1.853 90.000 556.848 700.000	8.000 48%	Leucine (mg)			
136.961 600.000 5.348 15.000 1.100 1.100 1.100 1.100 1.100 1.950 1.100 5.986 14.000 5.986 14.000 115.450 400.000 115.450 2.400 8.829 30.000 (mg) 1.853 90.000 556.848 700.000	15.000 23%	Lysine (mg)			
5.348 15.000 1 (mg) 1.100 1.100 1 0.950 1.100 5.986 14.000 (mg) 0.662 1.500 115.450 400.000 2 (µg) 1.463 2.400 2 (µg) 1.853 90.000 (mg) 556.848 700.000	600.000 23%	Methionine (mg)			
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1.100 1.100 1 0.950 1.100 1 5.986 14.000 (mg) 0.662 1.500 1 115.450 400.000 1 2 (µg) 1.463 2.400 2 (mg) 8.829 30.000 (mg) 2.215 5.000 1.853 90.000 556.848 700.000		Tyrosine (mg)			
0.950 1.100 5.986 14.000 (mg) 0.662 1.500 115.450 400.000 2 (µg) 1.463 2.400 (mg) 2.215 5.000 1.853 90.000 556.848 700.000	1.100 100%	Valine (mg)			
5.986 14.000 (mg) 0.662 1.500 115.450 400.000 2 (µg) 1.463 2.400 2.215 5.000 (mg) 2.215 5.000 556.848 700.000	1.100 86%	Arginine (mg)			
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2 (µg) 1.463 2.400 8.829 30.000 (mg) 2.215 5.000 1.853 90.000 556.848 700.000		Aspartic Acid (mg)			
8.829 30.000 (mg) 2.215 5.000 1.853 90.000 556.848 700.000	2.400 61%	Glutamic Acid (mg)			
(mg) 2.215 5.000 1.853 90.000 556.848 700.000	30.000 29%	Glycine (mg)			
1.853 90.000 556.848 700.000	5.000 44%	Proline (mg)			
556.848 700.000	90.000 2%	Serine (mg)			
	700.000 80%	Moisture (gm)			
lodine (µg) 150.000	150.000	Ash (gm)			
1 (mg) 90.224 420.000	420.000 21%	Caffeine (mg)			

Fat, total Alcohol	Protein Carbohydrate	% of Kcals	Day 1
0%	17% 55%		

Fat	Meat - High Fat	Meat - Medium Fat	Meat - Lean	Meat - Very Lean	Vegetable	Milk - Whole	Milk - Low Fat	Milk - Skim	Other Carbohydrate	Fruit	Bread/Starch	Exchanges		
1.0			2.0		51		1.0		3.0	1.0	2.5			

Recipe Report - Baked Apples and Sweet Potatoes

Source: Custom

Food ID:

Portion/Amount:

Servings: 100.00

0.50 CUP

Kcals / Serving: 111

No. Ingredients: 7

Preparation

Baked

Preparation Time: Cooking Time: Cooking Temp: 0 0 hrs. 25 min. 350 deg F

Ingredient	Wt
Baked Apples and Sweet Potatoes	11266.986
10 POUND Apple Slices	4536.000
1 1/2 cups (11 oz) brown sugar	311.850
4 TSP Ground Cinnamon	9.200
4 TSP Ground Nutmeg	8.800
5.25 OUNCE Margarine, Soft	148.837
1 1/2 cups water	355.500
13 POUND Sweet Potato, Baked, Peeled	5896.800

Instructions:

sugar, cinnamon, and nutmeg. Sprinkle half the sugar mixture over apples in each pan. Dot each pan with 1/3 c margarine. Add 3/4 c water to each pan. Bake in a conventional oven at 350 degrees F for 25-30 minutes. Portion 1/2 c per serving. For 100 servings: Place half of the sweet potatoes into each of 2 steamtable pans (12"x20"x2-1/2"), which has been lightly sprayed with cooking oil spray. Place half the apples over the sweet potatoes in each pan. Combine brown

Recipe Report - Lighter Pineapple Upside Down Cake

Source: Custom Food ID: Portion/Amount:

1.00 PIECE

Servings: 100.00

Kcals / Serving: 220

No. Ingredients: 12

Preparation

Baked

Preparation Time:

Cooking Time: 0 hrs. 40 min. 375 deg F

Cooking Temp:

ngredient	Wt
Lighter Pineapple Upside Down Cake	8225.455
3 qt 1 1/2 cups (3 lb 12 oz) all purpose flour	1701.000
2 qt 1/2 cup (3 lb 12 oz) sugar	1701.000
2 cups (5 oz) instant nonfat dry milk	141.750
1/2 cup (3 oz) baking powder	85.050
1.75 POUND Egg Substitute, Liquid	793.800
2 Tbsp vanilla	25.200
1 1/2 qt water	1422.000
2 CUP CRISCO Vegetable Oil, Soybean	448.000
2 CUP Applesauce, Sweetened, Canned	510.000
3/4 cup (6 oz) melted margarine	170.100
2 1/4 cups (1 lb) packed brown sugar	453.600
1 qt 3/4 cup (2 lb 10 oz) drained crushed pineapple	773.955

nstructions:

on low speed. Beat for 2 minutes on medium speed. Pour 6 oz (3/4 cup) melted margarine into each of 2 sheet pans (18"x26"x1"). Sprinkle each pan evenly with 1 lb (2 1/4 cups) packed brown sugar. Spread 2 lb 10 oz (1 qt 3/4 c) drained crushed pineapple over brown sugar in each pan. Pour 7 lb 2 oz (1 gal) batter into each pan. Bake in a conventional oven at 375 degrees F for 40-45 minutes, until lightly browned. Cool. Cut each pan 5x10 (50 pieces per For 100 servings: Blend flour, sugar, dry milk, and baking powder for 1 minute in mixer on low speed. Combine egg substitute, vanilla, and water. Add oil and applesauce and about half the liquid mixture to dry ingredients. Blend another sheet pan (18"x26"x1"), and then cut each pan 5x10 (50 pieces per pan). pan) and serve inverted on individual dishes. Or, let sit approximately 10 minutes and invert while still warm onto for 30 seconds on low speed. Beat for 6 minutes on medium speed. Add remaining liquid mixture. Blend for 30 seconds

Recipe Report - Corn Bread

Portion/Amount:

1.00 PIECE

Source: Custom Food ID:

Preparation

Servings: 100.00

Kcals / Serving: 127

No. Ingredients: 8

Preparation Time: Cooking Time: Cooking Temp: Baked 0 0 hrs. 25 min. 425 deg F

ngredient	Wt	
Corn Bread	5218,416	
2 qt (2 ib 3 1/2 oz) flour	1006.539	
2 qt (2 lb 11 oz) cornmeal	1219.277	
1/2 cup (3 oz) baking powder	85.050	
1 1/3 cups (9 1/4 oz) sugar	262.237	
2 tsp salt	12.000	
14:000 OUNCE Egg Substitute, Liquid	396.900	
2 qt skim milk	1960.000	
1 1/3 cups (9 3/4 oz) oil	276.413	

Instructions:

For 100 servings: mix flour, cornmeal, baking powder, sugar, and salt thoroughly. Mix egg substitute, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy. Pour into 2 greased baking pans (about 12 by 20 inches), about 2 1/2 quarts or 5 pounds 11 ounces batter per pan. Bake at 425 degrees F for 25 to 30 minutes or until lightly browned. Serving size: 1 piece, about 2"x2".